

Step Out of Your Box and Into a Square this Fall

07.26.2016

A continuing education activity by the Hi-Stepper Square Dance Club will be offered this fall at Southwestern Oklahoma State University in Weatherford. The focus will be square dancing.

“Step out of your box and into a square and discover how much fun square dancing can be,” said instructor Phillip Snider.

The activity will begin August 23 and will be held Tuesday evenings from 7-9 p.m. in the large aerobics room of the SWOSU Wellness Center. The first three lessons will be free and \$5 each thereafter. Snider will teach the mainstream square dance moves. He has been square dancing for the last eight years and has held dancing workshops for the last two years.

With all the focus on good physical and mental health today, Snider said the search is on for many people, and one answer to that dilemma is square dancing. Not only is it an exercise that increases the heart rate, it also is an exercise for the mind in that the dancer must remember how to do the movements and keep up with the caller. Once the basic moves are mastered, a square dancer can enjoy dancing anywhere in the world. All square dances, regardless of the country, are called in English.

For more information or to sign up for the activity, call Melva Snider at 580-214-0964.